



Veggie Bites

READY IN



27 min.

SERVINGS



4

CALORIES



260 kcal

SIDE DISH

Ingredients

- 0.3 cup butter melted
- 1 eggs
- 2 teaspoons water
- 0.5 cup flour all-purpose
- 0.5 teaspoon salt
- 2 cups bell pepper fresh green red such as broccoli flowerets or cauliflowerets, 1/4-inch carrot slices, 1/2-inch zucchini slices, 1/2-inch strips or bell pepper
- 1 serving parmesan cheese grated

Equipment

- frying pan
- oven
- slotted spoon

Directions

- Heat oven to 450°F.
- Brush bottom of rectangular pan, 13x9x2 inches, with about 1 tablespoon of melted butter.
- Beat egg and water with fork in shallow dish.
- Mix flour and salt in shallow dish.
- Dip about one-fourth of the vegetables into egg mixture.
- Remove 1 piece at a time with slotted spoon, fork or hands; roll in flour mixture to coat.
- Place in pan.
- Repeat with remaining vegetables.
- Pour remaining butter carefully over each vegetable piece and into pan.
- Bake uncovered 10 to 12 minutes, turning once, until vegetables are tender and coating is light golden brown; drain.
- Sprinkle lightly with cheese.

Nutrition Facts



Properties

Glycemic Index:26.75, Glycemic Load:9.56, Inflammation Score:-9, Nutrition Score:14.383478226869%

Flavonoids

Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 259.56kcal (12.98%), Fat: 18.75g (28.85%), Saturated Fat: 4.73g (29.59%), Carbohydrates: 17.6g (5.87%), Net Carbohydrates: 15.61g (5.68%), Sugar: 3.22g (3.57%), Cholesterol: 47.44mg (15.81%), Sodium: 619.36mg

(26.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.13g (12.26%), Vitamin C: 95.4mg (115.63%), Vitamin A: 3133.52IU (62.67%), Folate: 68.67µg (17.17%), Selenium: 11.37µg (16.25%), Vitamin B2: 0.22mg (13.16%), Vitamin E: 1.93mg (12.84%), Vitamin B6: 0.25mg (12.51%), Vitamin B1: 0.17mg (11.41%), Phosphorus: 109.93mg (10.99%), Manganese: 0.2mg (10.01%), Calcium: 85.95mg (8.59%), Vitamin B3: 1.67mg (8.35%), Fiber: 1.99g (7.95%), Iron: 1.27mg (7.08%), Potassium: 210.9mg (6.03%), Vitamin B5: 0.51mg (5.13%), Zinc: 0.76mg (5.09%), Magnesium: 16.92mg (4.23%), Vitamin K: 3.86µg (3.67%), Vitamin B12: 0.22µg (3.63%), Copper: 0.05mg (2.34%), Vitamin D: 0.26µg (1.72%)